PRECOR

Quick Start Card

PRECISION™ SERIES AND ENERGY™ SERIES TREADMILLS

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

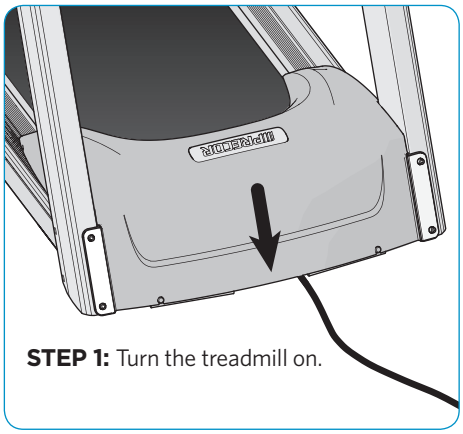
GETTING STARTED
PRECISION SERIES AND ENERGY SERIES TREADMILLS

As you get to know your new Precor treadmill and your own fitness goals, you'll use the advanced features of the treadmill more often. To begin with, though, here's an easy way to start out.

NOTE: These instructions assume that your treadmill has been completely installed and set up.

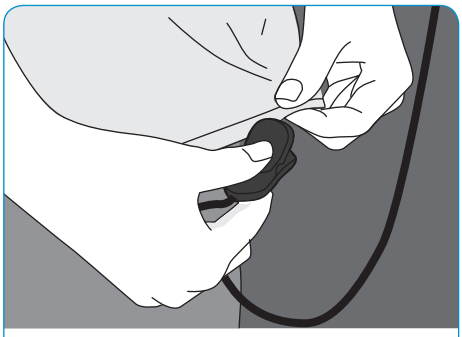
WARNING: Read through ALL of the safety information in the Owner's Manual, and make sure that the treadmill is properly connected to the electrical supply in your house, before you use the treadmill.

TO GET STARTED WITH YOUR NEW PRECOR TREADMILL:

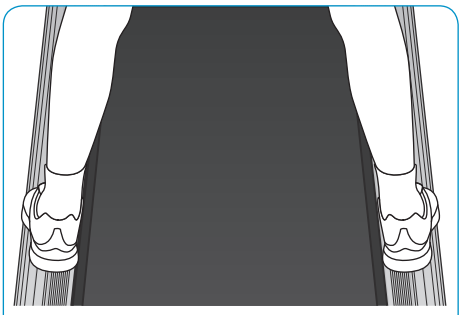


STEP 1: Turn the treadmill on.

STEP 2: Step onto the treadmill.

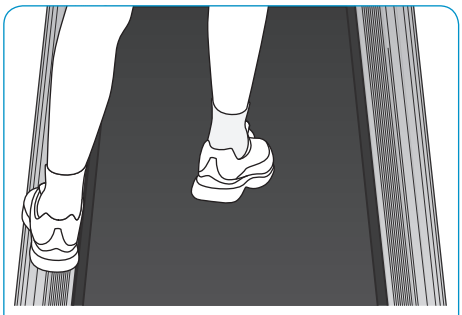


STEP 3: Attach the safety clip securely to your clothing.



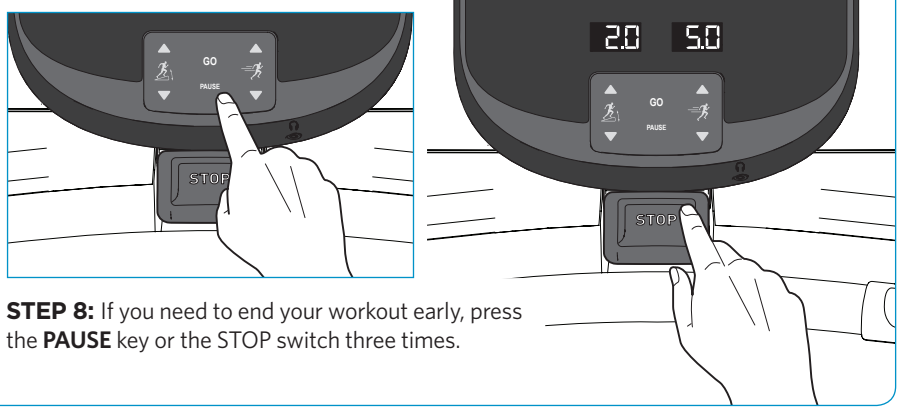
STEP 4: Place one foot on each of the rails on either side of the treadmill belt.

STEP 5: Press the **GO** key *(manual operation)*.



STEP 6: After the console has displayed its countdown and the belt has started to move, step onto the belt.

STEP 7: Use the controls on the console to adjust the incline angle of the treadmill and the speed of the belt.



STEP 8: If you need to end your workout early, press the **PAUSE** key or the STOP switch three times.

Refer to your owner's manual for complete operational instructions and troubleshooting. See reverse for important heart rate information.

CAUTION: *Before beginning any fitness program, see your physician for a thorough examination. Ask your physician about the appropriate target heart rate for your fitness level.*

CHOOSE A WORKOUT

- Determine your level of fitness: beginner, intermediate, or advanced.
- Determine your immediate goal: endurance training, cardio-conditioning, or weight loss.

If you are a beginner, start with a cardio-conditioning workout to gradually adjust your body to the demands of exercise. Over a recommended eight-week period, you will increase your endurance and strength.

For all fitness levels, plan to exercise at an appropriately challenging pace for 20 to 30 minutes a day. Wear a chest strap to monitor your heart rate. Supplement your plans with fitness workouts from the Precor web site (www.precor.com). The Precor web site also provides expert advice to help you reach your fitness goals.

MONITOR YOUR HEART RATE

The SmartRate and heart rate displays provide visual cues that help you adjust your fitness routine to reach your goals. Use these features to keep your heart rate within the target zones.

Wear a Chest Strap

During a workout, the heart rate features appear on the display when you wear a chest strap. To receive an accurate reading, the chest strap needs to be in direct contact with your skin. After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.

1. Carefully dampen the back of the strap with tap water (Diagram A).

   IMPORTANT: Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive (Diagram B).

3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest (Diagram C).

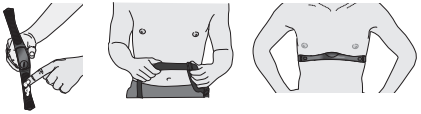


Diagram A *Diagram B* *Diagram C*

When these steps are complete, you are ready to view your heart rate.

Touch-Sensitive Handrail Grips

Several Precor products incorporate touch-sensitive heart rate grips on the handrails. If you prefer to use the touch-sensitive handrail grips, use both hands. Make sure both hands are moist (not dry) and avoid squeezing the sensors too tightly.

Note: For the best heart rate monitoring results, wear a chest strap.

SMARTRATE® FEATURES

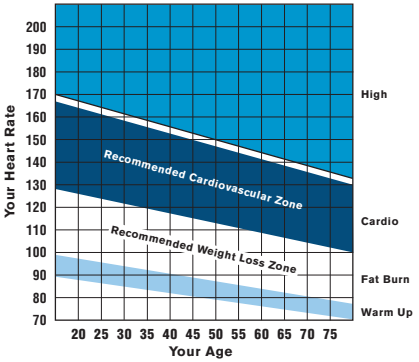
When you begin an exercise session, a blinking segment in the SmartRate display appears if you entered your age during the setup phase. The blinking segment indicates the current zone of your heart rate.

The calculation used for the heart rate target zone is your maximum aerobic heart rate:
207 - (your age x 0.67), multiplied by a percentage.

For the ideal weight loss range, your heart rate should remain between 55% and 69% of your maximum aerobic heart rate. To improve your overall cardiovascular and respiratory fitness level, maintain your heart rate between 70% and 85% of your maximum aerobic heart rate. For the greatest benefits, maintain your heart rate in either zone for 30 minutes or more at least three times a week.

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate or go above your target zone (Diagram D).

Diagram D: Heart Rate Target Zones



COOL DOWN AFTER YOUR WORKOUT

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. Cooling down for at least three minutes helps provide a smooth transition that allows your heart rate to return to its normal, non-exercising state.

20031 142nd Avenue NE | P.O. Box 7202
Woodinville, WA USA 98072-4002
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OWNER'S MANUAL PRECOR

Precision™ & Energy™ SERIES TREADMILLS

TRM 425

TRM 223

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

Important Safety Instructions

When using the equipment, always take basic precautions, including the following:

- Read all instructions before using the equipment. These instructions are written for your safety and to protect the unit.
- Before beginning any fitness program, see your physician for a complete physical examination.

  Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

DANGER **To reduce the risk of electrical shock always unplug the treadmill from the electrical outlet immediately after using and before cleaning.**

WARNING **To reduce the risk of burns, fire, electric shock, or injury, take the following precautions:**

- Do not allow children, or those unfamiliar with the operation of the equipment, on or near it. Do not leave children unsupervised around the unit.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from the power source when it is not in use, before cleaning it, and before acquiring authorized service.
- When the equipment is not in use, disconnect it by turning the power switch to the Off position, and then remove the power plug from the power outlet. Alternatively, you can prevent inappropriate use by disconnecting the magnetic stop key and removing it from the location where the equipment is installed.

- Assemble and operate the equipment on a solid, level surface. Locate the equipment a few feet from walls or furniture. Keep the area behind the equipment clear.
- Never operate the unit if it is damaged, not working properly, when it has been dropped, or has been dropped in water. Return the equipment to a service center for examination and repair.

DANGER **The treadmill must be connected to a dedicated, grounded circuit (refer to *Grounding Instructions*).**

- Keep the power cord and plug away from heated surfaces.
- Keep all electrical components, such as the power cord and power switch, away from liquids to prevent shock.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Maintain the equipment in good working condition (refer to *Maintenance*). Make sure that all fasteners are secure and the running belt is clean and running smoothly.
- Do not attempt to service the equipment yourself except to follow the maintenance instructions found in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Do not set anything on the handrails or hood. Place liquids, magazines, and books in the appropriate receptacles.
- Do not rock the unit. Do not lean or pull on the console at any time. Do not stand on the hood.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.

- Use care when getting on or off the equipment. Always grasp the handrail when stepping on the running belt and keep the initial speed at or below 1 mile per hour (mph) or 1.6 kilometers per hour (kph). Never step off the treadmill while the running belt is moving.
- Before the running belt begins moving (before your workout), and after it stops (at the end of your workout), straddle the belt by placing your feet firmly on the right and left staging platforms.
- Keep your body and head facing forward. Never attempt to turn around on the treadmill.
- The safety clip must be attached at waist level before your workout. A lanyard connects to the red magnetic stop key within the STOP switch. If you encounter difficulties, a strong tug on the lanyard disengages the magnetic stop key and stops the running belt.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC 60335-1 (Household and similar electrical appliances - Safety)

Grounding Instructions

The equipment must be grounded. If the equipment malfunctions or breaks down, grounding provides a path of least resistance for electric current, which reduces the risk of electrical shock. The equipment is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to properly ground the equipment could void the Precor Limited Warranty.

DANGER **Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the unit is properly grounded. Do not modify the plug provided with the equipment. If it does not fit the outlet, get a proper outlet installed by a qualified electrician.**

120 V Units Designated for North American Markets

The unit must be connected to a dedicated, grounded circuit. A 15 amp dedicated circuit is required, but a 20 amp dedicated circuit is recommended. The power outlet must have the same configuration as the plug. No adapter should be used with this product.

Radio Frequency Interference (RFI)

Federal Communications Commission, Part 15

This fitness equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

If the equipment does cause harmful interference to radio or television reception, which can be determined by turning the unit off and on, you are encouraged to try to correct the interference using one or more of the following measures:

- Reorient or relocate the receiving antenna for your TV, radio, VCR, DVR, etc.
- Increase separation between the unit and the receiver (TV, radio, etc.).
- Connect the equipment into a different power outlet on a dedicated circuit different from the one used by the receiver (TV, radio, etc.). No other appliance should be plugged into the same power outlet as the equipment.
- Consult an experienced radio/TV technician for help.

WARNING **Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.**

Canadian Department of Communications

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques de la class B prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministére des Communications du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

Obtaining Service

You should not attempt to service the equipment except for maintenance tasks as described in this manual. The equipment does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com.

Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at www.precor.com.

For future reference, write the model number, equipment serial number, console serial number, and date of purchase for your unit in the space provided.

Model number: _____

Equipment serial number: _____

Console serial number: _____

Date purchased: _____

The equipment serial number is located at the lower front edge of the treadmill cover, near the power switch and cord.

Figure 1: Treadmill serial number label position

The console serial number is located inside the audio connector compartment on the back of the console. You will need to open the cover of this compartment to see the number.

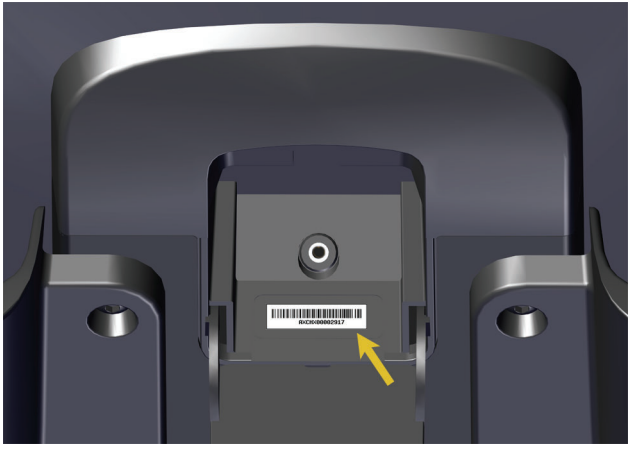

Figure 2: Console serial number label position

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Treadmill Safety Features

The treadmill is equipped with certain items that, when used properly, help sustain a safe and enjoyable workout. These items include:

- Safety clip and magnetic stop key
- Handrails
- Power switch

Important: *Before exercising, review the Important Safety Instructions found at the beginning of this manual.*

Location

It is important to keep the area around the treadmill open and free from encumbrances such as other equipment. The minimum space requirements needed for user safety and proper maintenance are as follows:

- An area three feet wide by six feet long (one meter wide by two meters long) must be left open directly behind the running belt.
- Three feet (one meter) of space should be available on either side of the equipment.

Turning the Unit On and Off

To turn the unit on and off, use the power switch located underneath the front of the unit, near the power cord connection. Refer to the following figure and the product label to see the location of the switch.

Important: *When the unit is not being used, turn it off.*

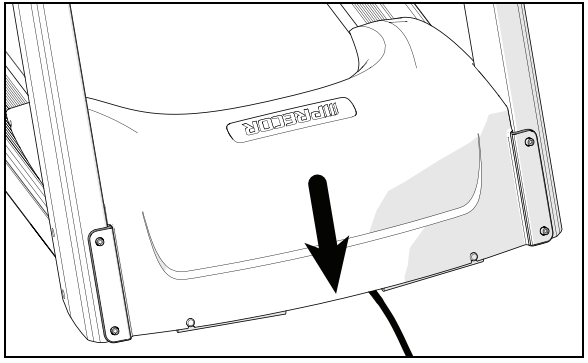

Figure 3: Power switch location

Using the Treadmill Safety Clip

The treadmill is equipped with two different stop functions, which behave as follows:

If the user ...	*Then the treadmill belt ...*	*And the console ...*
Pulls on the lanyard attached to the safety clip and removes the stop key	Slows to a stop	Shows the words "Please Replace the Stop Key."
Presses down on the red STOP switch	Slows to a stop	Shows that the exercise workout is paused. Pressing the button again ends the workout and displays the workout summary. Pressing it a third time returns the user to the home screen.

The following figure shows the location of the STOP switch and the stop key.

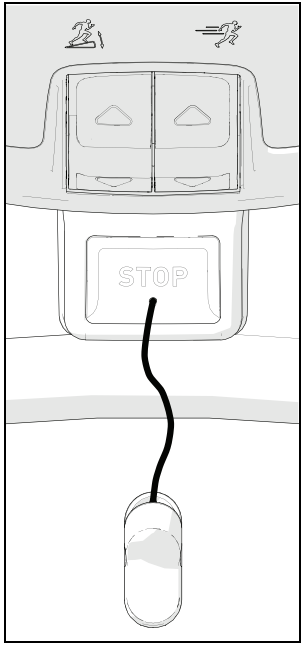

Figure 4: STOP switch, stop key, and safety clip

CAUTION: When you work out, ALWAYS attach the safety clip to your clothing. A position near your waistline normally works best.

If the stop key is removed during exercise, perform the following steps:

1. Reattach the safety clip if necessary.
2. Insert the stop key into the recess on the STOP switch, returning it to its normal position.
3. Wait for the treadmill to reset itself.

   Note: If the stop key is removed from the STOP switch, all information about the current workout is deleted.

4. Start the workout from the beginning, reducing the time as needed to account for the amount of exercise that has been completed.

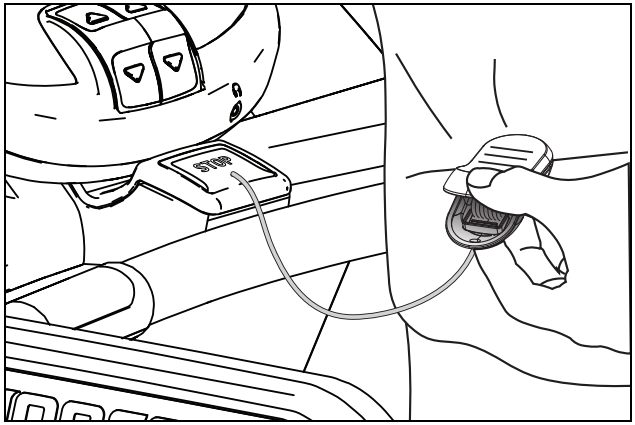

Figure 5: Attaching the safety clip

Entering the Safety Code

The treadmill provides a safety code to help prevent unauthorized use. By default, this code is not active. However, if you want the treadmill to operate only for people who know and can enter the code, you can activate it when you set up the treadmill (refer to *Setting Up Your Equipment*).

To use the treadmill when the safety code is active:

1. Press any key on the console.
2. When the word PASSWORD? appears on the console, press the following keys one at a time, in order:
   - **WORKOUTS**
   - **ENTER**
   - Left arrow
   - Right arrow

As you press the correct keys, a line of asterisks appears on the console. Once you have entered the entire safety code, you can begin your workout (or change the settings on your treadmill). If a key is not pressed within five seconds or the correct safety code is not entered within two minutes, the message INVALID CODE, TRY AGAIN appears on the console and the running belt does not move. After two minutes, the Precor banner reappears.

Important: *Do not assume the treadmill is safe because of safety code protection. Never leave children unsupervised around the treadmill. Always turn off and unplug the treadmill when it is not in use.*

Using the Handrails

To maintain your balance, always grasp a handrail extension when you step on or off the treadmill, and when you use the keypad.

To learn more about the touch-sensitive grips, refer to *Measuring Your Heart Rate*.

Getting Started

As you get to know your new Precor treadmill and your own fitness goals, you'll use the advanced features of the treadmill more often. To begin with, though, here's an easy way to start out.

Note: These instructions assume that your treadmill has been completely installed and set up (refer to *Setting Up Your Equipment*).

WARNING	**Read through ALL of the safety information in this manual, and make sure that the treadmill is properly connected to the electrical supply in your house, before you use the treadmill.**

To get started with your new Precor treadmill:

1. Turn the treadmill on if necessary.
2. Step onto the treadmill.
3. Attach the safety clip securely to your clothing (refer to *Using the Treadmill Safety Clip*).
4. Place one foot on each of the rails on either side of the treadmill belt.
5. Press the **GO** key.
6. After the console has displayed its countdown and the belt has started to move, step onto the belt.

7. Use the up and down arrows to adjust the incline angle of the treadmill and the speed of the belt.

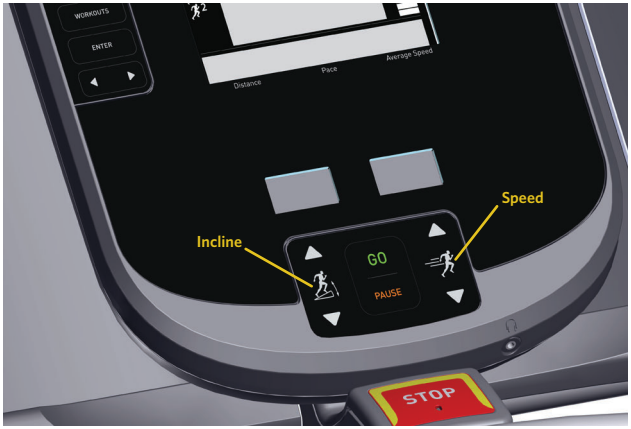

Figure 6: Incline and speed adjustments

8. If you need to end your workout early, do one of the following things:
   - Press the **STOP** switch just below the console.
   - Press the **PAUSE** key on the console.

Getting Familiar with the Controls

The figure and table on the following page introduce the controls on the console of your fitness equipment.

Status Display

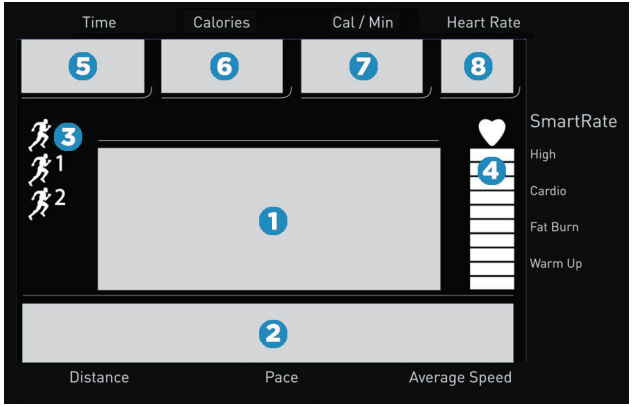

Figure 7: Status display

Table 1. Control descriptions

Number	Name	Purpose
❶	Upper text display	Displays status messages and your workout progress graph
❷	Lower text display	Displays text messages about your workout, as well as the following statistics: • Distance (the total number of kilometers or miles you have traveled in the current workout) • Pace (the amount of time it will take you to complete one kilometer or mile at your current speed, depending on whether the equipment is set up for kilometers or miles) • Average Speed (your average walking or running speed, in kilometers or miles per hour)

Number	Name	Purpose
3	User indicator	Shows which user profile is currently selected. Progress made during the current workout will be applied to this profile.
4	SmartRate® and Heart Rate icon	The SmartRate® scale places your current heart rate in one of several intensity zones. The heart-shaped icon pulses whenever the equipment detects your heartbeat.
5	Time indicator	Depending on the current workout, displays the amount of time that you have spent in the workout or the amount of time still remaining in it

Number	Name	Purpose
6	Calorie indicator	Displays the number of calories that you have used in your current workout
7	Cal / Min indicator	Displays the average number of calories you have used per minute in your current workout
8	Heart Rate indicator	Displays your current heart rate, if you are using the touch-sensitive grips or a chest strap *Measuring Your Heart Rate*

Workout Selection and Volume Controls

Figure 8: Workout selection and volume controls

Table 2. Control descriptions

Number	Name	Purpose
9	User keys	Selects a user profile to personalize your exercise experience
10	**WORKOUTS** key	Displays preset workouts
11	**ENTER** key	Selects the current menu item
12	Left arrow key	Navigates through menus
13	Right arrow key	Navigates through menus
14	Volume controls	Changes the playback volume of a music player, tablet, or smartphone (if you have one connected to the console)

Lower Readouts and Intensity Controls

Figure 9: Lower readouts and intensity controls

Table 3. Control descriptions

Number	Name	Purpose
15	Incline indicator	Displays the current incline angle as a grade percentage
16	Speed indicator	Displays the current belt speed in kilometers per hour or miles per hour
17	**GO** key	Begins a manual workout
18	**PAUSE** key	Pauses the treadmill for a limited amount of time. Allowing this time to run out, or pressing the key a second time, ends the workout.
19	**Incline Up** key	Increases the incline angle
20	**Incline Down** key	Decreases the incline angle
21	**Speed Up** key	Increases speed
22	**Slow Down** key	Decreases speed

Connecting Your Audio Player

The reading tray at the top of your display console can also hold an audio player or a tablet. If you connect your device to the console, you can use the console's headphone connector and volume controls to listen to your music without interrupting your workout.

Note: You will need a connecting cable with miniature (3.5 mm) stereo headphone plugs on both ends.

To connect your audio player or tablet to the display console:

1. Gently pull open the access cover on the back of the console, as shown in the following figure.

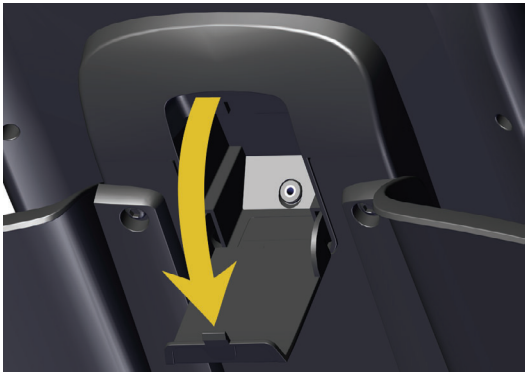

Figure 10: Opening the access cover

2. Feed one end of the connecting cable through the opening in the reading tray.
3. Insert the plug on the lower end of the cable into the jack on the back of the console.
4. Close the access cover.
5. Plug the other end of the cable into your audio player or tablet.

Tip: You can get excess cable out of the way by feeding it through the opening in the reading tray.

Setting Up Your Equipment

After the console is installed, it needs the following information to work correctly:

- Your measurement preferences
- The model of equipment connected to the console

You will need to enter this information before you can start to use the equipment. When you do, you will also have an opportunity to change the equipment's other settings.

As you set up the console, use the keys in the following table to select and apply the settings you want.

If you want to ...	*Press ...*
Switch between available choices	The right and left arrow keys
Make a selection or save a setting	**GO**
Cancel out of the setup routine and return to the Welcome prompt	**PAUSE**

To set up the console:

1. Turn the equipment on, if necessary.
2. Press the following keys *in order*:
   - **PAUSE**
   - **ENTER**
   - Left Arrow
   - Right Arrow
   - **WORKOUTS**

3. When the first setting (SAFETY CODE) appears, press a key to continue.

If you want to ...	*Then press ...*
Change this setting	**GO**
Leave this setting as it is	The right arrow key

4. Use the left and right arrow keys to change the setting, then press **GO** to save your changes.
5. Repeat the previous two steps for the remaining settings.

   Note: You can use the left arrow key to return to previous settings if you want to change them, and the list of settings loops from the end back to the beginning.
6. When you have changed all of the settings you want to change, press **PAUSE** to exit from the setup menu.

The following table shows the effect that each setting has and the changes you can make.

Table 4. Console settings

Setting	Effect	Values	Default
SAFETY CODE	Requires anyone who wants to use the equipment to enter a safety code first (refer to *Entering the Safety Code*)	DISABLE or ENABLE	DISABLE
SET UNIT OF MEASURE	Selects the system to use when entering or reporting distances and weights	US STANDARD or METRIC	US STANDARD

Setting	Effect	Values	Default
SET DEFAULT WORKOUT TIME	Controls whether workouts start with a default length that is different from the maximum length	ON or OFF; if ON, you must also choose the default length in minutes	ON (30 minutes)
SET MAX WORKOUT TIME	Selects the longest amount of time that a workout can continue	A number of minutes between 1 and 90 **Note:** a setting of 90 actually allows unlimited workout time.	90 minutes (unlimited)

Setting	Effect	Values	Default
SET MAX SPEED	Selects the maximum speed (miles or kilometers per hour) allowed on your equipment	A speed between 0.5 and 12.0 miles per hour (0.8–19.3 kilometers per hour)	12 mph (19.3 kph)
SET MAX PAUSE TIME	Selects how long the equipment will wait for someone to resume an interrupted workout	An amount of time between 30 seconds and 5 minutes, or NONE	30 seconds

Setting	Effect	Values	Default
SET MAX COOL DOWN TIME	Selects the length of the cooldown phase at the end of each workout	A number of minutes between 0 and 5	5 minutes
CONFIGURATION	Selects the type of equipment installed with this console	TRM 200 or TRM 400	TRM 200
SET MAX INCLINE	Selects the steepest incline allowed on this equipment	An incline setting between 0 and 15	15

Creating User Profiles

Your equipment can keep track of profiles for two people. Each person's profile stores that person's age and weight.

Once you have created both user profiles, you can switch back and forth between them by pressing the two USER keys.

To create a user profile:

1. Press one of the two **USER** keys.
2. Use the left and right arrow keys to adjust the workout length you want, then press **ENTER**.
3. Adjust the weight shown so that it matches your weight, then press **ENTER** again.
4. Adjust the age shown so that it matches your age, then press **ENTER** to save your changes.

Note: To change a user profile after it has been set up, press the **USER** key for that profile and hold it for three seconds.

Measuring Your Heart Rate

Precor cardio equipment can measure your heart rate in one of two ways:

- If you have a chest strap (for use with a fitness watch, for example), the equipment can receive the heart rate signal the strap transmits.
- You can grasp the heart rate sensors on the handlebars.

When the equipment detects your heart rate, the following things happen:

- The heartbeat indicator (icon) appears over the SmartRate scale (refer to *Using SmartRate*).
- After a few seconds, the console displays your current heart rate.

Before you start working out, make sure you know your maximum heart rate. Then, as you work out, be sure to reduce the intensity of your exercise if you reach or exceed that number.

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate.

You can use the following formula, provided by the American College of Sports Medicine®, to figure out your maximum heart rate:

Maximum heart rate = 207 – (your age × 0.67)

Your typical target heart rate is 70% of your maximum rate.

The following graph shows how your effective heart rate ranges vary with your age.

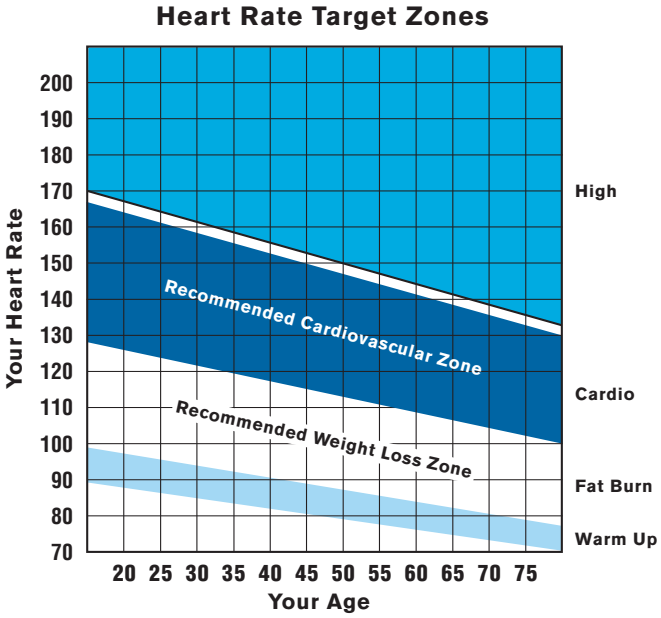

Figure 11: Heart rate target zones

On the Workout List, you can find several preprogrammed heart rate workouts (refer to *Available Workouts*). These workout courses automatically manage your heart rate at a target level based on your age. By monitoring your heart rate and making changes to the equipment's settings as you exercise, the workouts keep your heart rate within a few beats per minute of the target rate.

Using SmartRate

The Precor SmartRate® technology is a precise, easy-to-read heart rate monitor that helps users achieve their best personalized workouts. SmartRate displays actual heart rate information in relation to the user's target zone for weight loss and cardiovascular training.

The SmartRate monitor is visible during all workouts. In addition, Heart Rate Control (HRC) workouts adjust their intensity automatically to keep a user's heart rate in its target zone.

CAUTION: Your heart rate should never exceed 85% of your maximum heart rate. You can calculate your maximum heart rate using the following formula:

Maximum heart rate = 207 – (0.67 × your age)

CAUTION: Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

To test your heart rate:

1. Select a workout and press **GO** or **ENTER**.
2. Grasp the heart rate sensors with both hands. A blinking heart indicator appears while the equipment reads your heart rate. After a few seconds, the console displays your heart rate in beats per minute and shows it on the SmartRate scale. The labels next to the SmartRate scale indicate the zone where your heart rate is currently operating:
   - Warm Up
   - Fat Burn (weight loss)
   - Cardio
   - High

Note: In the Basic Heart Rate Control workout, the **GO** key is deactivated. The equipment needs to know your age to set an accurate target heart rate, so you must either enter it or select a user account before you start the Basic Heart Rate Control workout.

Getting Accurate Heart Rate Readings

To work reliably, heart rate sensors need to be securely in contact with your skin. Use the following guidelines to make sure they are.

To attach a chest strap:

WARNING **Signals used by the chest strap transmitter (or heart rate strap) may interfere with pacemakers or other implanted devices. Contact your doctor, the manufacturer of the chest strap, and the manufacturer of the implanted device before using a chest strap transmitter.**

Important: *Precor cardio equipment works with 5 KHz chest straps only. It does not work with Bluetooth® -based chest straps, which are designed for use with mobile apps.*

Note: To receive an accurate reading, the strap needs to be in direct contact with the skin on the lower sternum (just below the bust line for women).

1. Carefully dampen the back of the strap with tap water. Refer to the following figure.

   Note: Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.

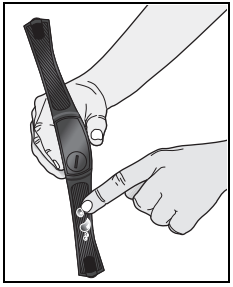

Figure 12: Moisten chest strap

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive. Refer to the following figure.

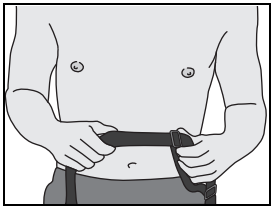

Figure 13: Adjust chest strap

3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest. Refer to the following figure.

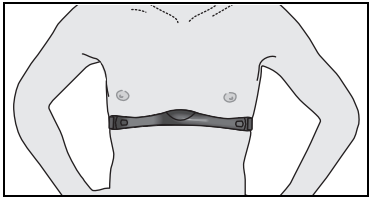

Figure 14: Fasten chest strap

4. After you put on the chest strap, face the display console for a few seconds. This allows the receiver in the console to recognize the signal from the chest strap.

If you use the touch-sensitive grips, be sure to grasp them securely (but not tightly—use a loose, cupping hold) on both sides. You may need to wait for 15 to 20 seconds before your heart rate is displayed.

Important: *The touch-sensitive grips work well for most people. However, because of their body chemistry or erratic heartbeats, a few people cannot use the grips. If this applies to you, a chest strap may provide better results. However, do not grasp the touch-sensitive grips while wearing a chest strap—using both at the same time can cause erratic heart rate readings.*

Troubleshooting Heart Rate Readings

If your heart rate readings look wrong, or if you do not see any readings at all, check the following list for possible causes. If the solutions in this list do not solve the problem, contact your dealer or Precor Customer Support.

No Heartbeat Icon or Heart Rate Display

The heart rate sensors may not be in secure contact with your skin. Try the following solutions.

For touch-sensitive grips:

- Make sure that your hands grasp the touch-sensitive grips continuously and firmly (but not tightly) for at least five to ten seconds.
- Check that the palms of your hands are not covered with any sort of salve, rub, or lotion. If they are, wash them.
- Check that your hands are not too dry. If they are, moisten them slightly.

For a chest strap:

- Make sure the strap is fastened, positioned, and moistened correctly.
- Make sure the strap is compatible with the equipment. It must be a 5 kHz strap. Heart rate straps that function at other frequencies, and Bluetooth-based straps, are not compatible with this equipment.

The Displayed Heart Rate Is Wrong Or SmartRate Doesn't Work

The touch-sensitive grips may not be making secure contact. Try the following solutions:

- Make sure that your hands are clean, slightly moist, and positioned as described earlier in this table.
- Try using a chest strap instead of the grips.

If you are trying to use the grips and an active chest strap at the same time, choose one or the other. Either do not grasp the touch-sensitive grips, or remove or turn off the chest strap.

Choosing and Completing a Workout

The instructions shown earlier in this manual provide the simplest possible steps for getting started with your new fitness equipment. But in most cases, you'll want to start with one of the preprogrammed workouts available on the equipment.

Choosing a Workout

Your fitness equipment has been programmed with a library of workout plans to help you meet your fitness goals.

To choose a workout:

1. Press the **WORKOUTS** key repeatedly to scroll through the available workouts.
2. When you reach the workout you want, press the **ENTER** key to select it, then press **GO** to begin.

   Tip: The **WORKOUTS** key remains active while you work out, in case you want to switch workouts in the middle of your exercise session.

To adjust the duration of your workout and your personal information:

1. At any time during your workout, press **ENTER**.
2. Use the left and right arrow keys to adjust the duration of the workout, then press **ENTER** to continue.
3. Adjust the weight shown so that it matches your weight, then press **ENTER** again.
4. Adjust the age shown so that it matches your age, then press **ENTER** one last time.

Available Workouts

Your fitness equipment includes a wide selection of workouts that are carefully designed to make sure you get the best results out of every workout.

The human body is extremely efficient. If it makes the same motion regularly over many days or weeks, it learns to make that motion with less and less effort. This process, called *muscle adaptation*, has one drawback—the longer you stick to the same workout, the less good that workout does you.

To prevent muscle adaptation from setting in as you work out, try different kinds of workouts on different days. By keeping your muscles guessing, you'll keep your energy use up, promoting faster weight loss and better conditioning.

In the following figures, the elevated areas show the work expenditure for each preset workout.

Interval 1-1 and Interval 1-2

Interval workouts help exercisers improve strength, endurance, aerobic and anaerobic fitness. They alternate short bursts of high intensity activity with recovery periods.

These workouts are designed to raise and lower your heart rate in a repeating fashion for a user-defined period of time by alternating rest and work intervals of two minutes each (for the Interval 1-1 workout) and two minutes of rest followed by four minutes of work (for the Interval 1-2 workout).

Training tip: You can further tailor your rest and work period intensity by adjusting the incline, speed, or both at any time. The equipment remembers these preferences for each upcoming interval.

Figure 15: Interval 1-1

Figure 16: 1-2 Interval

Weight Loss

The American College of Sports Medicine recommends that adults get at least 30-60 minutes of moderately intense exercise five days a week. The Weight Loss workout provides a structured and time-based aerobic challenge designed to help you reverse or prevent weight gain.

The total time for this workout is fixed at 28 minutes. It consists of alternating four-minute work and rest intervals. During the work intervals, you can change the incline at any time.

Training tip: For best results, wear a heart rate monitor and maintain a target heart rate that is between 50% and 70% of your maximum heart rate.

Figure 17: Weight Loss

Basic Heart Rate Control

This workout monitors your heart rate to guide you through a moderate intensity program that is optimal for aerobic conditioning.

During the workout, your target heart rate is based on the following calculation:

Target heart rate = 70% × (207 – (0.67 × your age))

The equipment adjusts its incline level to maintain your target heart rate while you work out.

When a heart rate signal is not received, a heart shape with a question mark appears in the upper text display. Recheck your hand grip on the handheld sensors or the placement of your chest strap.

Training tip: This program offers a coaching benefit for new and returning users who are learning how to maintain a moderate, steady exertion level throughout their workouts.

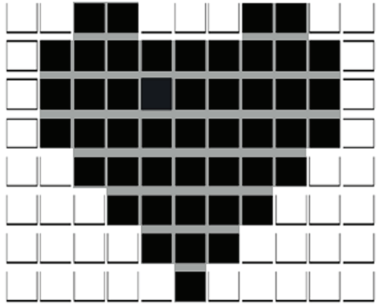

Figure 18: Basic HRC

Note: For the unit to detect your heart rate, you must grip the handheld heart rate sensors or wear a chest strap while exercising. In the presence of both handheld and wireless data, the handheld data takes precedence and is displayed.

Hill Climb

This workout engages a wider range of muscle groups by adjusting the incline to simulate a hill climbing experience. Increasing or decreasing one workout segment increases or decreases all remaining portions by the same amount.

Training tip: Incorporating hill climb workouts into your regular cardio schedule will keep your workouts varied and help build lower body muscle strength.

Figure 19: Hill Climb

Cross Country

This workout delivers true training variety and muscular engagement by continuously adjusting the incline to simulate the dynamic terrain of an outdoor run. Any increase or decrease made in one workout segment will increase or decrease all remaining "hills" and "valleys" depicted on the display by the same amount.

Training tip: Advanced users can manually increase their speed during the hill climbs to increase the cardiovascular challenge.

Figure 20: Cross Country

Random

Variety (for both the muscles and the mind) is the key to continued success for every exercise goal. The Random workout delivers a different training profile every time you select it. The one-minute segments that appear in the workout profile maintain a set incline that you can override.

Training tip: Your body will respond differently to each workout. The best way to evaluate and quantify the effectiveness of each exercise session is to wear a chest strap or use the touch-sensitive grips during your training sessions.

Aerobic

This workout is designed to condition your heart. You can specify a length of time for your fitness session, its incline, and its speed.

Figure 21: Aerobic

Manual

This workout motivates you by allowing you to define and track your exertion levels throughout your exercise session.

Training tip: As you progress through your workout, each segment of the profile reflects the last change you made to the incline and speed settings. Challenge yourself by adjusting your training parameters regularly for the best results.

Figure 22: Manual

Ending a Session

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. In addition, a five-minute cooldown allows your heart rate to return to its normal, resting state.

At the end of your workout, the Summary screen displays the following information:

- Total elapsed time
- Total number of calories used
- Total distance completed
- Average speed

Reading Diagnostic Information

Your fitness equipment keeps track of its own history. The details it stores about itself can be useful if you ever need to contact Precor Customer Support.

To show the diagnostic information:

1. Press the following keys *in order*:
   - **RESET**
   - Left Arrow
   - **ENTER**
2. Use the left and right arrow keys to display the headings for different types of information.
3. Press **GO** to see the details under each heading.
4. If the information is a log, use the left and right arrow keys to scroll between the log entries.
5. To return to the headings, press **WORKOUTS**.
6. Repeat the previous step for any other information you want to examine.
7. To return to the Welcome screen, press **RESET**.

Table 5. Types of diagnostic information

Heading	Contents
ODOMETER	Total distance (kilometers or miles) that people have exercised on this equipment
HOUR METER	Total amount of time the equipment has been in use
U-BOOT SOFTWARE	Version number of the boot loader software in the console (the program that prepares the console and loads the rest of the software)
U-BASE SOFTWARE	Version number of the application software in the console

Heading	Contents
LOWER SOFTWARE	Version number of the operating software in the lower mechanism
USAGE LOG	List of the workouts that have been used, the number of times each one has been used, and the total amount of time each one has been in use
ERROR LOG	List of the last 30 error messages that the equipment has reported (or fewer, if the equipment hasn't reported 30 error messages).

Maintenance

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the equipment as described here could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always unplug the equipment from its power source before cleaning it or performing any maintenance tasks.**

Inspection

Inspect the treadmill daily.

1. Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

   Important: *If you determine that the treadmill needs service, make sure that the treadmill cannot be used inadvertently. Turn the unit Off, and then unplug the power cord from its power source. Make sure other users know that the treadmill needs service.*
2. Check for worn, frayed or missing safety lanyards. Replace missing or worn safety lanyards immediately. Do not exercise on the treadmill without attaching the safety clip to your clothing.

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

Cleaning the Equipment

Most of the working mechanisms are protected inside the hood and base of the treadmill. However, for efficient operation, the treadmill relies on low friction. To keep the friction low, the unit's running belt, staging platforms, and internal mechanisms must be as clean as possible.

Precor recommends the treadmill be cleaned before and after each workout to remove dust, dirt, water, and sweat. Use mild soap and water to dampen a soft cloth and wipe all exposed surfaces.

CAUTION: Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the Precor Limited Warranty. Never pour water or spray liquids on any part of the treadmill, and remove any accumulated sweat from the treadmill after use. Allow the treadmill to dry completely before using it again.

Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit. Use a soft nylon scrub brush to clean the running belt.

Storing the Chest Strap

Store your chest strap in a place where it remains free of dust, dirt, and moisture, such as in a closet or drawer. Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

Checking the Alignment of the Running Belt

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support.

CAUTION: Special care must be taken when aligning the running belt. Turn off the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

To check the alignment of the running belt:

1. The treadmill has adjustable rear feet. Make sure that the running surface is level. If the treadmill is placed on an uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven surfaces.
2. Turn the unit on.
3. Stand beside the treadmill and press **GO**.

   The running belt starts automatically after a 3-second countdown appears on the display.
4. After the running belt starts, increase the speed to 3 mph (5 kph).

   CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the STOP switch.

   NEVER add any foreign substance to the underside of the running belt. The belt is designed to move over the treadmill deck without any additional lubrication. If you notice excessive friction or wear in the running belt, contact Precor Customer Support.

5. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should be centered on the running belt. If the belt drifts off center, you must make adjustments (refer to *Adjusting the Running Belt*).

   Important: *Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.*
6. To stop the running belt, press the STOP switch.
7. Turn the treadmill off.

Adjusting the Running Belt

If you are unsure about adjusting the running belt, call Precor Customer Support. Refer to *Obtaining Service*.

CAUTION: For your safety, use the power switch to turn Off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.

To adjust the running belt:

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill. Refer to the following figure.

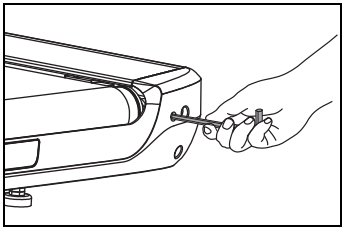

Figure 23: Location of the adjustment bolt

To determine left and right, stand at the rear of the treadmill and face the display. Make all belt adjustments on the right rear corner bolt using the hex key provided.

- If the belt is off center to the LEFT, turn the adjusting bolt ¼ turn *counterclockwise*, which moves the running belt to the right.
- If the belt tracks off center to the RIGHT, turn the bolt ¼ turn *clockwise*; this moves the belt to the left.

Important: *Do not turn the adjusting bolt more than ¼ turn at a time. Overtightening the bolt can damage the treadmill.*

2. Recheck the alignment of the running belt.

Long-Term Storage

When the equipment is not in use for any length of time, turn it off. Make sure that the power cord is unplugged from its power source and is positioned so that it will not become damaged or interfere with people, furniture, or other equipment.

Notes:

Notes:

Notes:

TRM 425 / TRM 223 Low Impact Treadmills

Product Specifications

	TRM 425	**TRM 223**
Length:	79 in (204 cm)	81 in (206 cm)
Width:	34 in (86 cm)	33 in (82 cm)
Height:	60 in (151 cm)	59 in (150 cm)
Weight:	358 lb (163 kg)	238 lb (108 kg)
Running Surface:	22 in × 56 in (56 cm × 142 cm)	20 in × 57 in (51 cm × 145 cm)
Motor:	3.0 hp continuous duty	
Power Requirements:	120 VAC, 60 Hz	
Speed Range:	0.5–12 mph (0–20 kph)	
Incline Range:	-2%–15% grade	0%–15% grade
Frame:	Powder-coated steel	
Regulatory Approvals:	FCC, ETL	

Electronic Readouts

Calories	Distance
Calories per Minute	Workout Profile
Incline	Time Elapsed
Speed	Time Remaining
Average Speed	Units
Heart Rate*	Current User
SmartRate Zone*	Pace
Target Heart Rate*	Workout Percentage Complete

* Use of touch-sensitive heart rate grips or chest strap is required.

Product Features

LCD Display
QuickStart™
SmartRate®
Heart Rate Telemetry (chest strap)
Heart Rate Touch Sensors
User Profiles (2)
Audio Volume Control

Workouts

Interval:	Basic Heart Rate Control
1-1	Hill Climb
1-2	Cross Country
Weight Loss	Random
Aerobic	Manual

Precor Incorporated
20031 142nd Ave NE
P.O. Box 7202
Woodinville, WA USA 98072-4002
1-800-347-4404

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NOTICE:
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TRM 425 / 223 Owner's Manual
303120-112 rev C, en
September 2014

Assembly Guide

PRECISION SERIES TREADMILLS
MODELS: 445, 425

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

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Getting Started

Thank you for choosing Precor. For proper installation, please read this guide thoroughly and follow the assembly instructions. If you do not assemble the treadmill according to these guidelines, you can void the Precor Limited Warranty.

Installation Requirements

CAUTION: You will need assistance to assemble this unit. DO NOT attempt assembly by yourself.

Follow these installation requirements when assembling the unit:

- Assemble the unit near the location where you plan to use it and provide ample space around the unit.

  Important: *Consult your owner's manual for proper placement of your equipment.*
- Make sure that the power switch is OFF and that the treadmill is not plugged into a power source. Check the ON/OFF power switch on the front of the treadmill. Place the switch in the O (OFF) position.
- Assemble the treadmill on a solid, flat surface. A smooth, flat surface under the treadmill helps keep it level and a level treadmill will have fewer malfunctions.
- Open the box and assemble the components in the sequence presented in this guide. If you plan to move the unit, obtain help and use proper lifting techniques.

  Important: *Grasp the rear end of the treadmill frame or either side of the base frame. Lift the treadmill and roll it on its front wheels. Do not grasp any other plastic part while lifting or moving the unit. The plastic parts are not reinforced and they may break.*
- Obtain assistance. Ask another capable adult for assistance during the assembly process.
- Use your fingers or the appropriate tools to insert fasteners. Proper alignment helps prevent crossthreading. Do not fully wrench tighten fasteners until instructed to do so.

Unpacking the Equipment

The treadmill is carefully tested and inspected before shipment. The unit is shipped in two boxes. Ask for help from one or more people to unpack and assemble the treadmill. If any items are missing, please contact your dealer.

WARNING **Do not attempt to move the equipment by yourself. Have at least one other person help you and use proper lifting techniques.**

To unpack the equipment:

1. Carefully cut and remove all plastic straps that secure the cover on the cardboard box.
2. Lift the cover upward and set it aside.
3. Pull the cardboard or foam spacers away from the equipment and set them aside.
4. Cut all plastic ties securing the equipment in place.
5. Remove the base frame assembly from the container and set it on the floor where you plan to assemble and use the equipment.

Before you begin, verify that you have received the following parts:

- Console box
- Base frame assembly
- Left and right upright supports
- Console bracket
- Handrail assembly
- Smaller box contains:
  - Dash buckets
  - Hardware kit
  - Assembly Guide
  - Dash bucket covers
  - Stop key and clip
  - Chest strap

Obtaining Service

Do not service the treadmill except for minor belt adjustments and maintenance tasks as described in the owner's manual. For more information regarding customer support numbers or a list of Precor authorized service dealers, visit the Precor web site at www.precor.com.

Required Tools

- 17 mm open-end wrench
- Level

Hardware Kit (not to scale)

The hardware kit shipped with this equipment contains the fasteners and other hardware components shown in the following table. Before you begin assembly, make sure that your hardware kit is complete. If not, please contact Precor Customer Support.

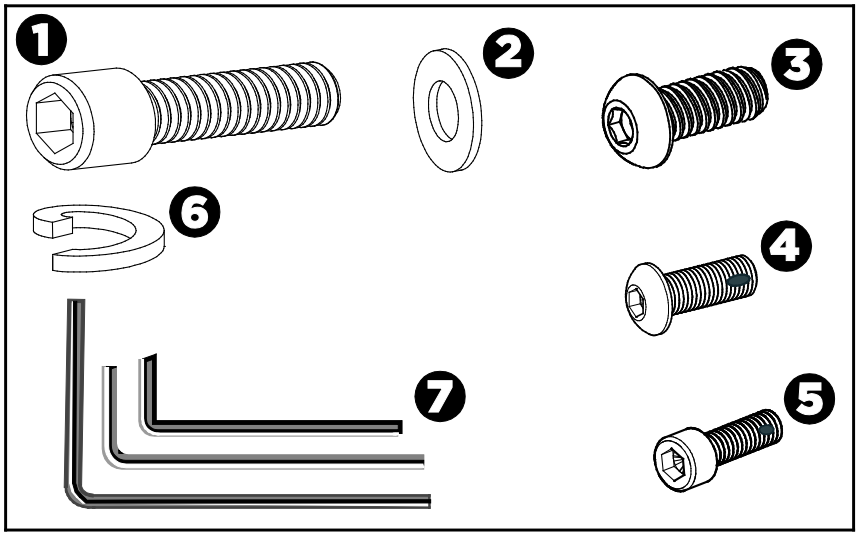


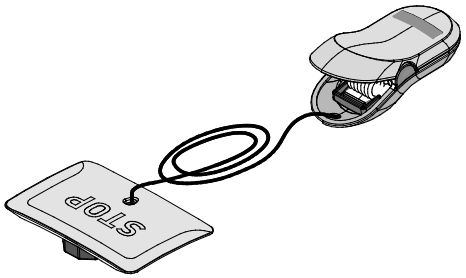
Figure 1: Hardware kit

Table 1. Hardware kit contents

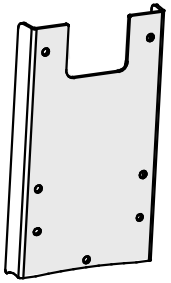
Number	Fasteners	Quantity
1	Socket head cap screw (5⁄16-inch x 3⁄4-inch)	8
2	Flat washer (#10)	6
3	Buttonhead cap screw (5⁄16-inch x 3⁄4-inch)	6
4	Buttonhead cap screw (1⁄4-inch x 1⁄2-inch)	7
5	Socket head cap screw (#10 x 1⁄2-inch)	6
6	Split washer (5⁄16-inch)	6
7	5⁄32-inch hex wrench	1
7	3⁄16-inch hex wrench	1
7	1⁄4-inch hex wrench with longer leg	1

Table 2. Other components

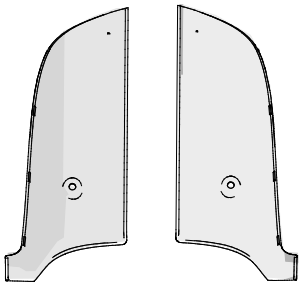
Stop key and clip



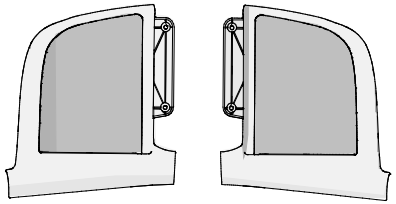
Console bracket



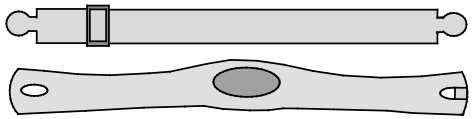
Right and left dash bucket covers



Right and left dash buckets



Heart rate chest strap



Assembling the Equipment

CAUTION: The location of the On/Off switch is under the product label on the front of the treadmill. Make sure the power switch is in the Off position and the power cord is disconnected from its power source.

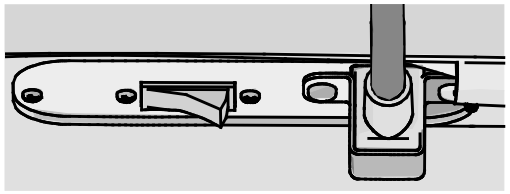


Figure 2: On/Off switch in Off position

Proper alignment and adjustment of the equipment is critical. When you install fasteners, leave room for adjustments. *Do not fully tighten the fasteners until you are instructed to do so.*

The following figure shows the names used in this manual for the major components of the equipment.

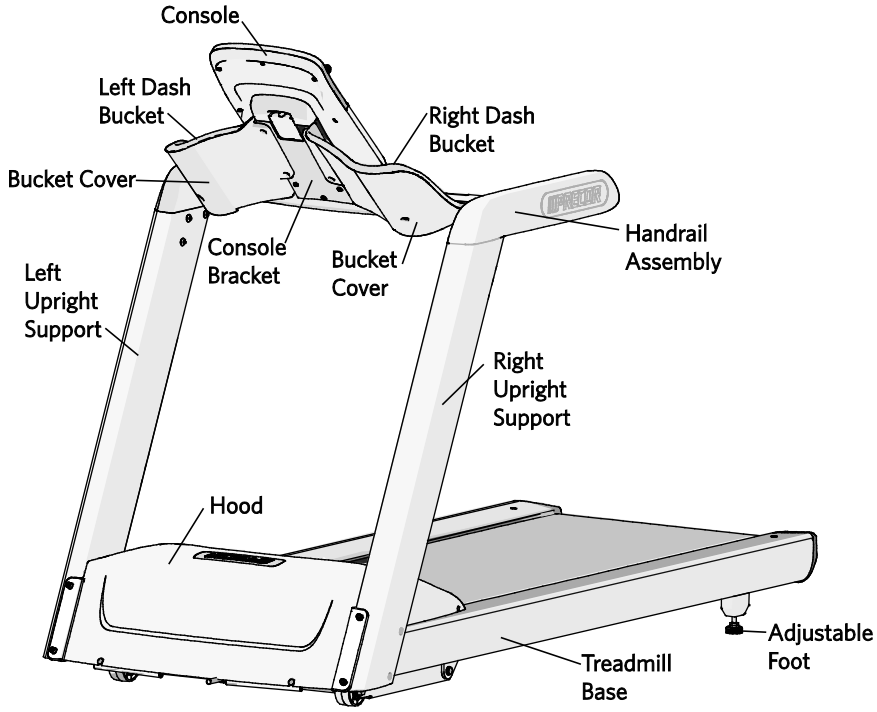


Figure 3: Major components of the treadmill

Assembling the Frame

To assemble the frame:

1. Remove the hood, by ***loosening*** the two front fasteners and two side fasteners on the hood using the 3⁄16-inch hex wrench.

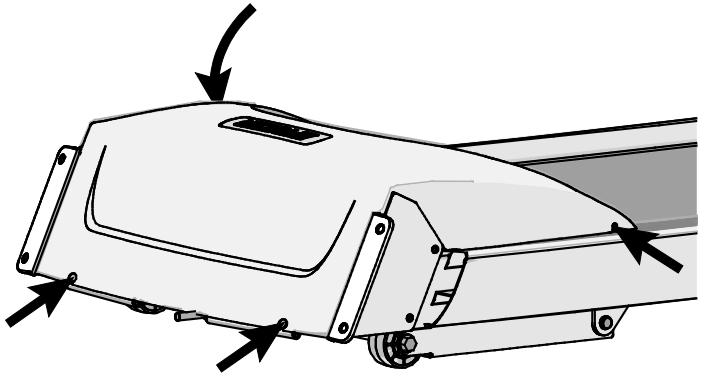


Figure 4: Locations of hood fasteners

2. Lift the hood and set it aside.

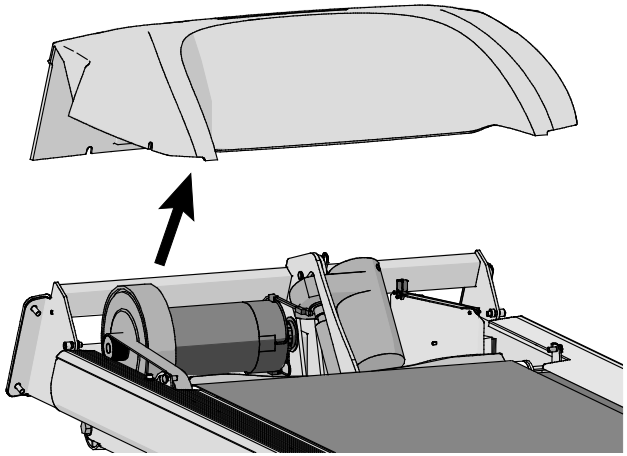


Figure 5: Remove the hood

3. Position the left upright support onto the base frame side bracket.

   Note: The left upright support has a large hole on the inner side of it.

4. Ask your assistant to help you line up the mounting holes and secure the upright support using four 5⁄16-inch x 3⁄4-inch socket head screws, two in the side mounting holes and two in the front mounting holes. Partially tighten all four screws.

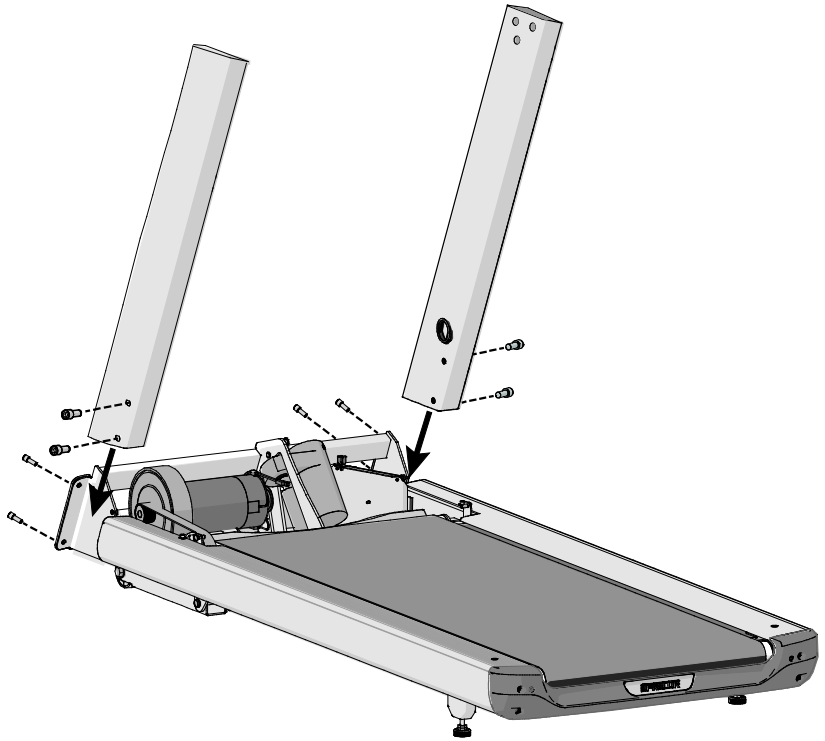


Figure 6: Upright support attachment

5. Repeat steps 3 and 4 to attach the right upright support using the four remaining 5⁄16-inch x 3⁄4-inch socket head screws and partially tighten.

Attaching the Handrail Assembly

The handrail assembly arrives with four cables already installed. The base unit data cable is rolled up and tucked inside the left tube. Before attaching the handrail assembly, unroll the cable and remove the kinks.

To attach the handrail assembly:

1. Ask your assistant to hold the handrail assembly while you feed the base unit data cable inside and completely down the left upright support.

   Note: Make sure the cable connector rests on the floor at the base of the upright support.

   CAUTION: Be aware of the handrail extensions when you are working around the front of the unit. It is easy to bump your head or sustain other injuries if you ignore the location of the handrail extensions.

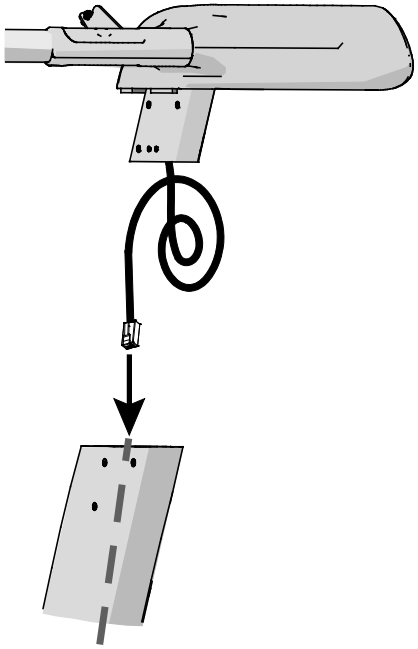


Figure 7: Feed cable from handrail extension through upright support

2. Ask your assistant to hold the handrail assembly above the upright supports. Tip the assembly forward so the mounting brackets slide along the interior rails inside the upright supports. Align the mounting holes and secure the handrail using six 5⁄16-inch x ¾-inch buttonhead cap screws and six split washers. Partially tighten the fasteners.

   Important: *Make sure the fasteners do not pinch the cable. Cables damaged by improper installation will not be covered by the Precor Limited Warranty.*

   Note: Thread the bottom hole first on either side. This will help line up the other holes.

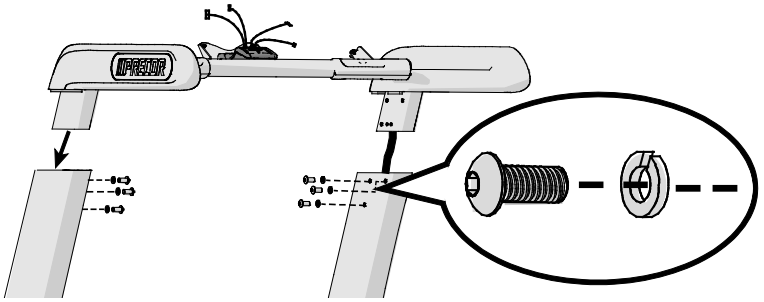


Figure 8: Handrail attachment

3. Pull the cable connector through the large hole in the left upright support and attach it to the data port on the base unit frame.

   Note: You will hear a click when it is fully connected.

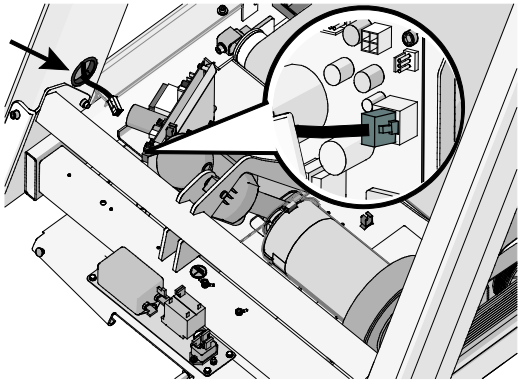


Figure 9: Cable connection to lower board

To tighten the mounting screws:

1. Start at the base and use the ¼-inch hex key to alternately tighten the eight fasteners that secure the upright supports to the base assembly.
2. Use the 3⁄16-inch hex key to fully tighten the six screws that secure the handrail assembly to the upright supports.

Attaching the Console to the Treadmill

Before you begin, make sure there are four cables protruding upward from the handrail assembly.

To attach the console bracket:

1. Position the console bracket against the welded bracket holder on the handrail assembly as shown in the following figure.

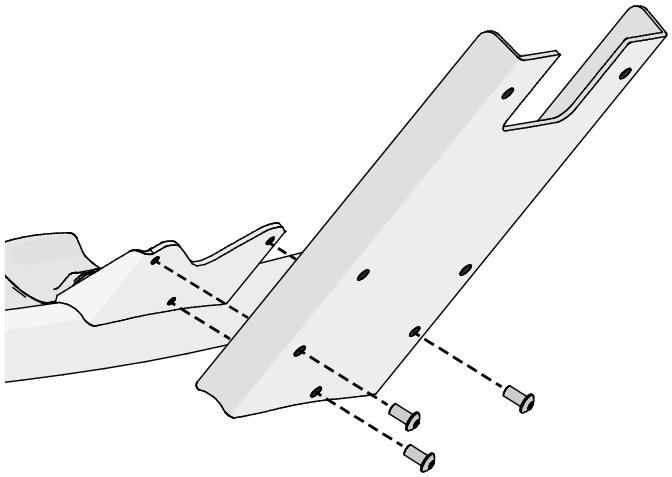


Figure 10: Console bracket attachment

2. Secure it using three ¼-inch x ½-inch buttonhead screws.

   Note: Do not fully tighten the screws until all three have been partially threaded.

Attaching the Cables to the Console

Four cables attach to the console. This guide feature helps ensure that the cables are not pinched when the console is attached to the treadmill.

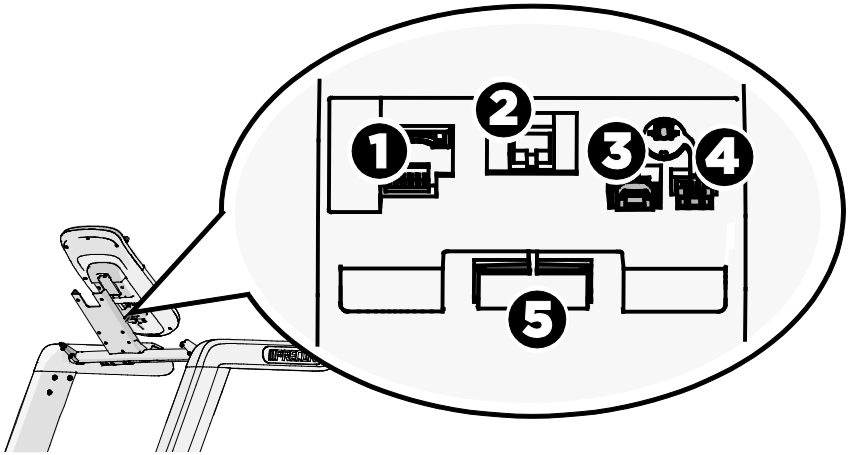


Figure 11: Cable attachments on back of console

Number	Cable or feature
1	Stop switch cable
2	Base unit data cable
3	Console ground cable
4	Touch heart rate cable
5	Cable retainer

To attach the cables to the console:

1. Ask your assistant to hold the console over the console bracket while you carefully route the following console cables:
   a. Insert the stop switch cable (1) with the two connector tabs pointing down. You will feel the cable lock into place.
   b. Insert the base unit data cable (2).
   c. Once both of these cables are connected, tuck the cables into the left side of the cable retainer (5), as shown in the figure below.
   d. Insert the console ground cable (3) with the round side positioned upward.
   e. Insert the touch heart rate cable (4) with the front two tabs pointing down.
   f. Once both of these cables are connected, tuck the cables into the right side of the cable retainer (5).

   Important: *Make sure that all four cables are tucked into the cable retainer before you place the console on the bracket. Place excess cable in the console recess where the cables insert.*

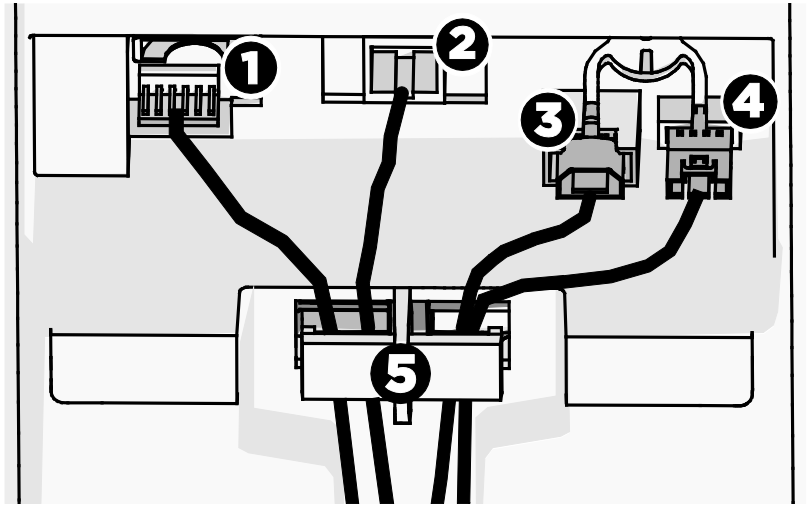


Figure 12: Cable guide on back of console

2. Set the console onto the console bracket. It should sit flush on the bracket without gaps. If there is a gap, check to make sure that no cables are being pinched between the console and the console bracket.

   Note: Do not secure the console to the bracket until instructed to do so.

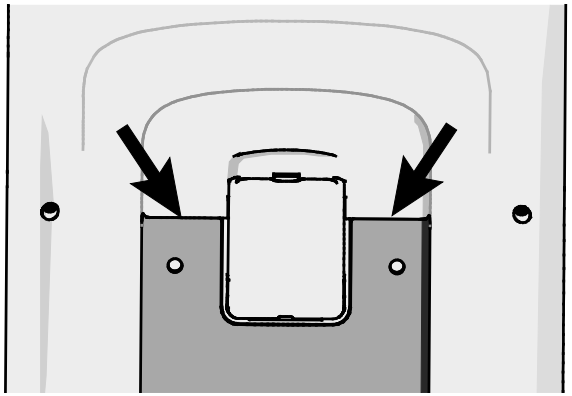


Figure 13: Console should fit snuggly on console bracket

Attaching the Dash Buckets

Note: The fasteners used to secure the dash buckets to the console bracket also secure the console to the bracket.

The dash buckets fit on either side just behind the console. To position them, tilt them so that the bottom side rests on the handrail and the side tab is positioned behind the console and bracket.

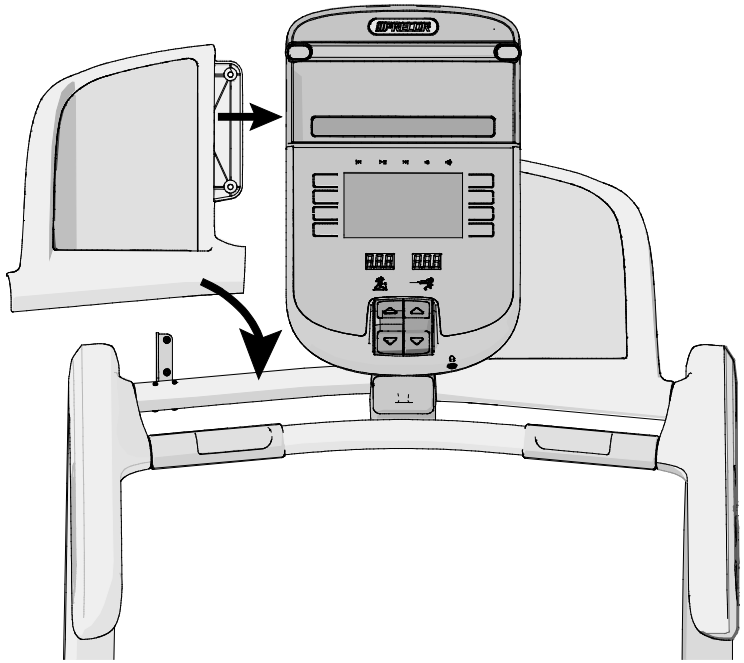


Figure 14: Position of dash buckets on dash and handrail assembly

Important: *To ensure proper assembly, perform the following steps in the order presented.*

To attach the dash buckets:

1. Position the right dash bucket so that the mounting holes line up with the console bracket holes and the welded bracket on the handrail assembly.

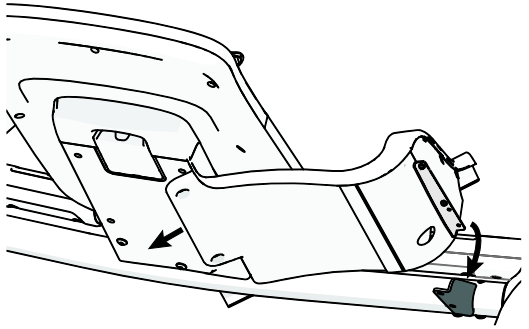


Figure 15: Slide the dash bucket behind the console

2. Secure the dash bucket to the console bracket using two ¼-inch x ½-inch buttonhead screws. Fully tighten the screws.

   Note: If the lower screw does not engage, remove the console and make sure that no cables are being pinched between the console and the console bracket.

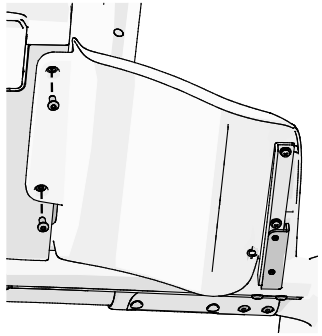


Figure 16: Dash bucket and console attachment

3. Secure the dash bucket to the welded bracket using two #10 x ½-inch socket head screws and two flat washers. Fully tighten the screws.

   Note: Make sure the dash bucket is securely attached to the console bracket (step 2) before performing this step.

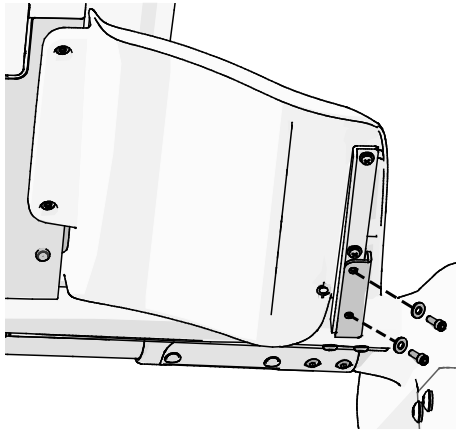


Figure 17: Dash bucket attachment to welded bracket

4. Repeat steps 1 through 3 to attach the left dash bucket.
5. Locate the three tabs on the right bucket cover and align them with the three slots along the edge of the right dash bucket.

   Note: It is easier to attach the cover if you fit the lower edge into the dash bucket first.

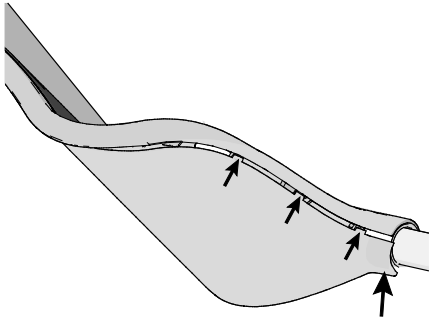


Figure 18: Location of tab and lower edge

6. Attach the right dash bucket using one #10 socket head screw and one flat washer. Gently tighten the screw.

   Important: *Do not overtighten the #10 screw while attaching the bucket covers.*

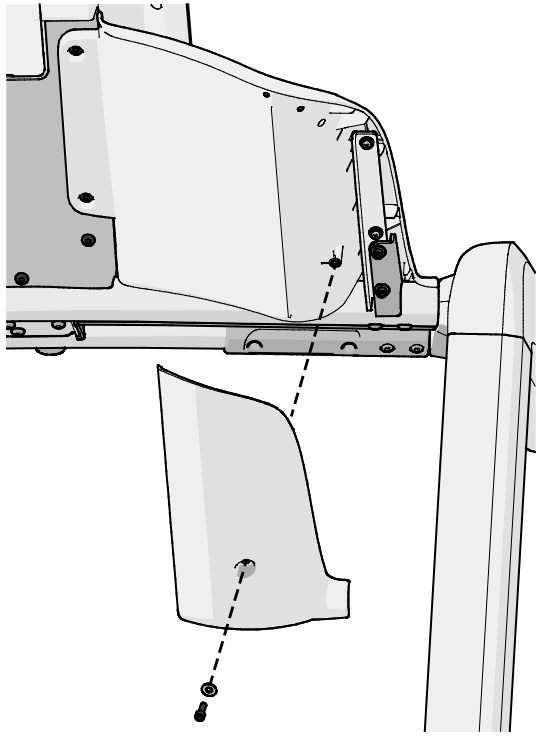


Figure 19: Attach the dash bucket cover

7. Repeat steps 5 and 6 to attach the left dash bucket.

Replacing the Hood

Before replacing the hood, plug in the treadmill and turn it on. If the treadmill does not work, check the following:

- Make sure you have connected the cable connector. See *Attaching the Cables to the Console.*
- Check that the treadmill on/off switch is in the On position.

Once you are confident that it is working, you can turn it off and unplug it before you attach the hood.

CAUTION: Turn the treadmill off and unplug it before you replace the hood.

To attach the hood:

1. Position the hood over the running belt so you can slide it through the upright supports from the rear. Align the hood with its four fasteners.

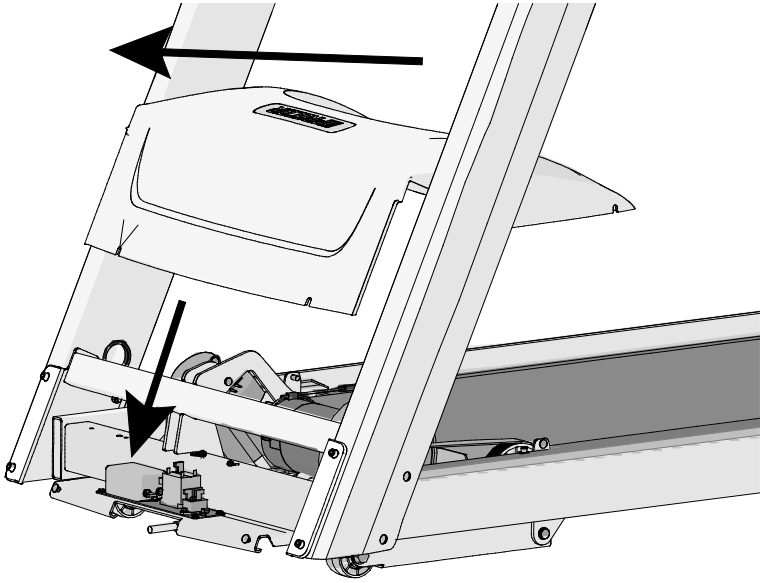


Figure 20: Replacing the hood

2. Use the 3⁄16-inch hex wrench to fully tighten the two side fasteners and the two front fasteners that secure the hood.

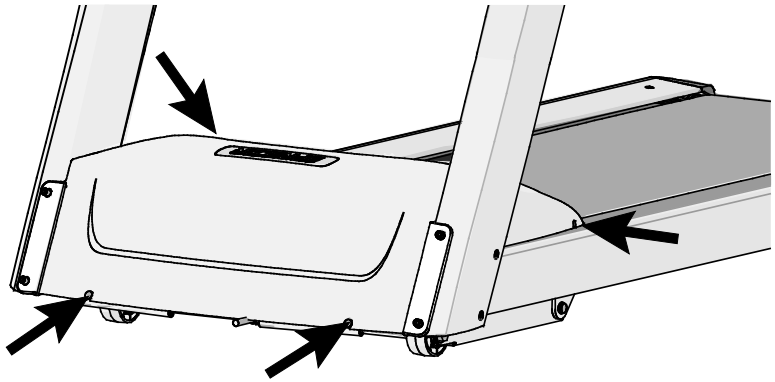


Figure 21: Front hood fasteners

Completing Assembly

Once initial assembly is complete, there are a few things to do before the treadmill can be used:

- Attach the stop key
- Remove protective film
- Level the treadmill
- Check the alignment
- Adjust the running belt
- Break in the equipment

Attaching the Stop Key

The magnetic stop key fits into the nest on the stop switch assembly at the base of the console.

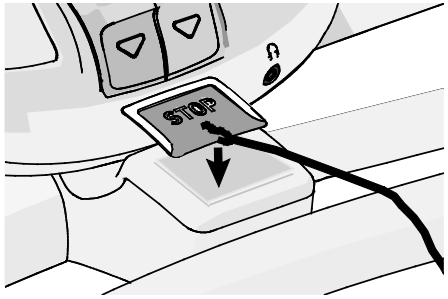


Figure 22: Stop key placement

For more information on using the emergency stop function and the safety clip, see the product *Owner's Manual*.

Removing the Protective Film

The treadmill ships with a protective film over the Precor logos and on the face of the console. To remove the film, grasp the edge of it and peel it off the equipment.

Leveling the Treadmill

Important: *Before using the treadmill, make sure it is completely level and that it sits evenly on the floor.*

To ensure that the treadmill is completely level, you should check it in two directions:

- from side to side (across the belt)
- from front to back (along the belt)

The treadmill should be leveled to *center* or *zero*, depending on the type of level you use. If adjustments are needed, adjust one rear foot at a time.

To check the level of the treadmill:

1. Place the level across the treadmill belt as shown in the following figure. Make sure the level reads at center or zero, depending on the type of level you use.

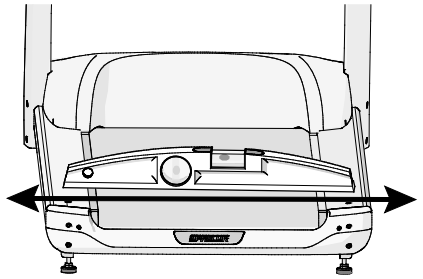


Figure 23: Level position across belt

2. Place the level along the belt front to back as shown in the following figure. Make sure the level reads at center or zero, depending on the type of level you use.

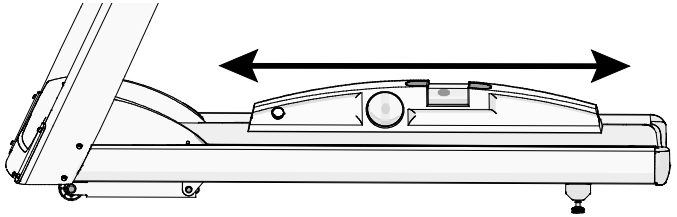


Figure 24: Level position along belt

To level the treadmill:

1. Ask your assistant to lift the rear portion of the treadmill.

   Important: *Use proper lifting techniques when lifting the treadmill.*
2. Loosen the upper lock nut with a 17 mm open-end wrench and rotate the rear foot to raise or lower the treadmill.

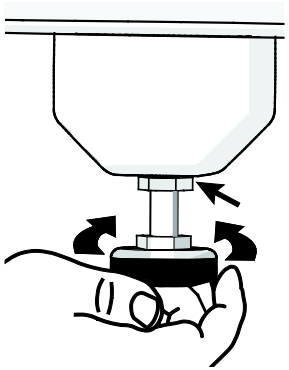


Figure 25: Lock nut location and foot adjustment

3. Fully tighten the lock nut and lower the treadmill to the floor.

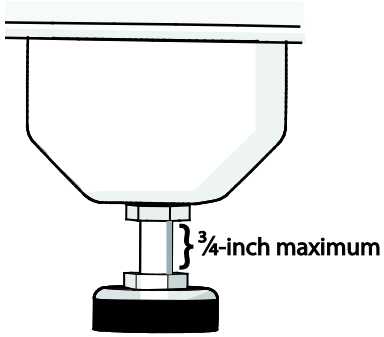


Figure 26: Proper positioning

   Note: The distance between the lock nut and foot should be no more than ¾ inch (2 cm).
4. Repeat this procedure to adjust the other rear foot if needed.

Checking the Alignment

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support. Refer to *Obtaining Service*.

CAUTION: Special care must be taken when aligning the running belt. Turn Off the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

To check the alignment:

1. The treadmill has adjustable rear feet. Make sure that the running surface is level before aligning or adjusting the running belt. For more information, see *Leveling the Treadmill.*
2. Connect the power plug to an appropriate dedicated circuit and turn the unit **On**.
3. Stand beside the treadmill and press **QUICKSTART**.

   Note: If needed, enter the password. Refer to your owner's manual. The running belt starts automatically after a 3-second countdown appears on the display.
4. Increase the treadmill belt speed until the display shows a speed of 3 mph (5 kph).

   CAUTION: If you hear any chafing or see that the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP button. Contact Precor Customer Support.
5. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should run centered along the running bed. If the belt drifts off center, you will need to make adjustments. Refer to the next section.

   Important: *If the belt needs alignment, make the adjustments at once. Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.*
6. To stop the running belt, press the red **STOP** button.
7. Turn the treadmill **Off**.

Adjusting the Running Belt

If you are unsure about adjusting the running belt, contact Precor Customer Support. Refer to *Obtaining Service*.

CAUTION: For your safety, use the power switch to turn Off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.

To adjust the running belt:

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill.

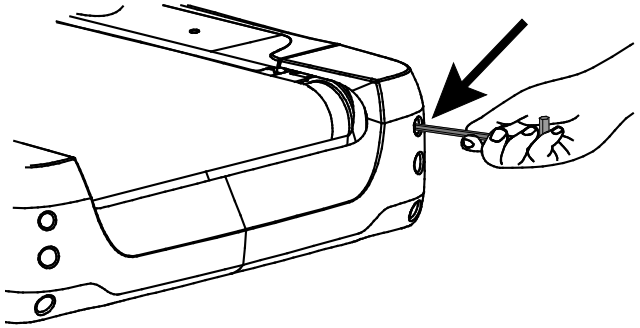


Figure 27: Belt adjustment bolt location

2. To determine left and right, stand at the rear of the treadmill and face the display. Make all belt adjustments on the right rear corner bolt using the ¼-inch hex key.
   - If the belt is off center to the LEFT, turn the adjusting bolt ¼ turn counterclockwise, which moves the running belt to the right.
   - If the belt is off center to the RIGHT, turn the bolt ¼ turn clockwise, which moves the belt to the left.

   Important: *Do not turn the adjusting bolt more than ¼ turn at a time. Overtightening the bolt can damage the treadmill.*
3. Recheck the alignment of the running belt.

Breaking in the Equipment

Precor equipment does not require an actual break-in period. However, moving components such as belts, gears, and bearings can settle while the equipment is being stored or shipped. This can cause the equipment to operate with a small amount of roughness or noise when it starts up for the first time.

The equipment usually returns to smooth operation after a day or two of normal use. If it does not, contact your dealer for assistance. For more information, refer to your owner's manual.

Precor Incorporated
20031 142nd Ave NE
P.O. Box 7202
Woodinville, WA USA 98072-4002
1-800-347-4404

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NOTICE:
Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

Precision™ Series TRM 400 Treadmill Assembly Guide
303158-110 rev A, en
March 2014

PRECOR®

Residential Cardiovascular Equipment

Limited Warranty

For Elliptical Fitness Crosstrainers™:

- Precision Series (EFX® 447, 425, and 423)
- Energy Series (EFX® 245, 225, 222, and 221)

For Treadmills:

- Precision Series (TRM 445 and 425)
- Energy Series (TRM 243, 223, and 211)

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To make a claim under this warranty, the buyer must notify Precor or his or her authorized Precor Distributor within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited and set forth below.

Warranty Periods and Coverage

Represented models of residential products used in the home are warranted for the following periods:

	Precision Series	**Energy Series**
Structural frame and welds:	Lifetime	Lifetime
Parts and wear items:	10 years	5 years
Console:	3 years	3 years
Labor:	1 year	1 year

The following section defines coverage for options and accessories.

Options / Accessories

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer or distributor as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer or distributor as part of the original sale and delivery, they have a 90-day parts and labor limited warranty. All components that are not internally connected have a 90-day parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only if:
    a. It has been serviced by a Precor Authorized Service Provider and/or Precor Certified facility staff. Outside of North America, the product must have been serviced by the local Precor sales office or an Authorized Precor Distributor.
    b. It remains in the possession of the original purchaser and proof of purchase is demonstrated.
    c. It has not been subjected to accident, misuse, abuse, improper service, or non-Precor modifications.
    d. Claims are made within the warranty period.

2. This limited warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
3. This limited warranty applies only to Precor products designed for residential use only and is void in the event such products are used in a nonresidential environment or installed in a country other than the country where such products were originally sold.
4. Moving parts bolted to the structural frame are not included in the "Structural Frame" warranty (for example, moving arms, seat and back pad assemblies, cross ramp assemblies, position adjustments, and so on).
5. Precor is not responsible for Internet connectivity to its products. This restriction applies to services, such as those provided by an Internet Service Provider (ISP), and also to hardware related to Internet connectivity, such as Ethernet cabling, routers, servers and switches.
6. Precor is not responsible for the quality of television, video, audio, or other media supplied to its products. This restriction applies to services, such as those provided by a cable or satellite television provider; to signal strength and clarity; and also to hardware related to the reception and delivery of television, video, audio, and other media. Such hardware may include (but is not limited to) audio, video, and radio-frequency (RF) cabling, connectors, receivers, modulators, combiners, distribution amplifiers, splitters, and so on.
7. Precor cannot guarantee that the heart rate measurement system on its products will work for all users. Touch heart rate performance may vary based on a user's physiology, fitness level, age, and other factors. You may experience an erratic readout if your hands are dry, dirty, or oily, or if the skin on your palms is especially thick. Wearing hand lotion can also cause an erratic readout. In addition, make sure that the sensors

are clean to ensure proper contact can be maintained. If the touch heart rate feature does not work for you, Precor recommends that you use a chest transmitter strap.

8. Precor does not warranty the work or product of third party companies (e.g., head end systems, low voltage wiring, etc.)
9. Except in Canada, Precor does not pay labor outside the United States.
10. Warranties outside the United States and Canada may vary.

Please contact your Precor sales office or local Distributor for details.

This limited warranty shall not apply to:

1. Software version upgrades.
2. Software defects that do not materially and negatively affect the exercise functionality of the product under normal use conditions at the time of installation.
3. Cosmetic items, including, but not limited to the following: grips, seats, and labels, or other items, the exterior of which has been damaged or defaced as a result of abuse, misuse, accident, improper service or installation, mishandling, or modification in design or construction not authorized by Precor including, without limitation, use or incorporation of any non-OEM (Original Equipment Manufacturer) replacement parts.
4. Cosmetic, structural, or functional damage (including rust, corrosion and unusual wear) caused by failure to follow the maintenance procedures described in the owner's manual.
5. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.

6. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
7. Pickup, delivery, or freight charges involved with repairs.
8. Any labor costs incurred beyond the applicable labor warranty period.

Disclaimer and Release

The limited warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some states do not allow limitation on how long an implied warranty lasts, so the above limitations may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM, OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

Exclusive Remedies

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized Distributor from whom you purchased the item. Precor compensates Precor Authorized Servicers for warranty trips within their normal service area to repair equipment at the owner's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

Exclusion of Consequential and Incidental Damages

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COSTS INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purpose and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation might not apply. This warranty gives you specific legal rights, and you may also have other rights, which vary state to state.

Precor Incorporated
20031 142nd Ave NE, P.O. Box 7202, Woodinville, WA 98072-4002
1-800-347-4404 • **www.precor.com**

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